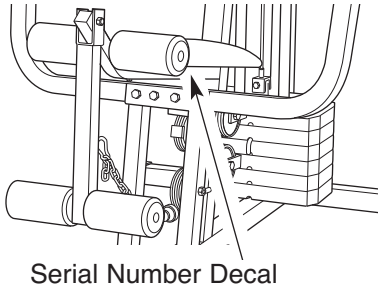
# WEIDER® 8510

**Model No. WESY8510C4**
**Serial No. _____**

Write the serial number in the space above for reference.



Serial Number Decal

## QUESTIONS?

**As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:**

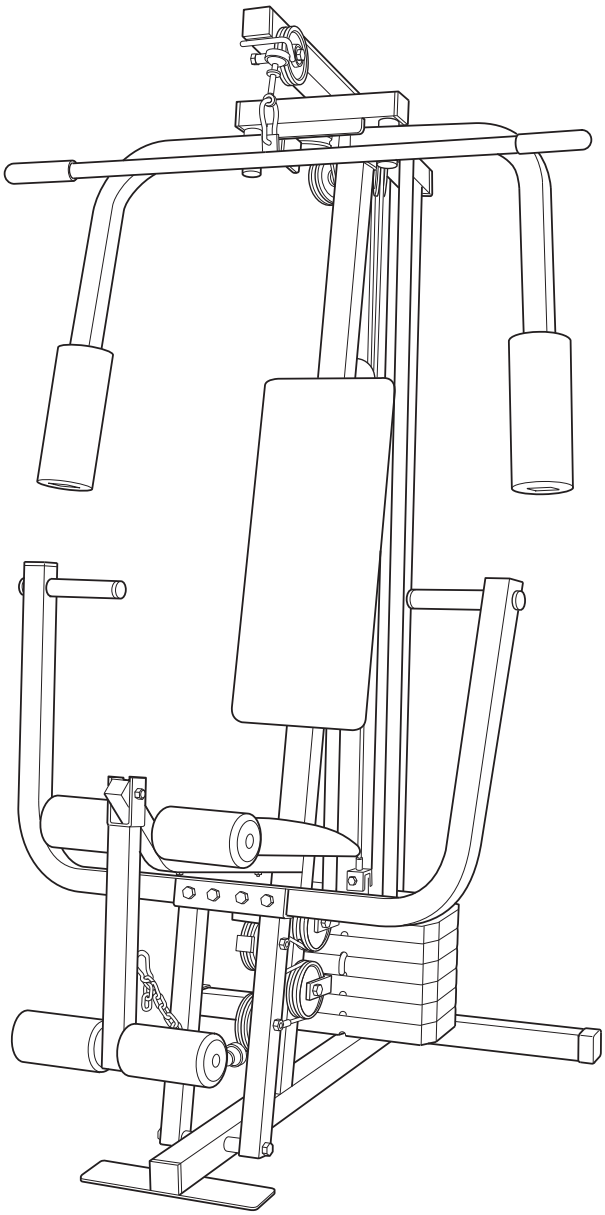
**1-888-936-4266**

**Mon.–Fri. 8h00 until 18h30 EST (excluding holidays).**

## ⚠ CAUTION

**Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.**

# USER'S MANUAL



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Note: a PART IDENTIFICATION CHART is attached to the center of this manual. Remove the PART IDENTIFICATION CHART before beginning assembly.

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# IMPORTANT PRECAUTIONS

**⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.**

1. **Read all instructions in this manual and in the accompanying literature before using the weight system.**
2. **It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.**
3. **The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.**
4. **Use the weight system only on a level surface. Cover the floor or carpet beneath the weight system for protection.**
5. **Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately.**
6. **Keep children under 12 and pets away from the weight system at all times.**
7. **Always wear athletic shoes for foot protection.**
8. **Keep hands and feet away from moving parts.**
9. **Always stand on a foot plate when performing an exercise that could cause the weight system to tip.**
10. **Never release the press arm, butterfly arms, leg lever, lat bar, or nylon strap while weights are raised. The weights will fall with great force.**
11. **Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.**
12. **Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.**
13. **The weight system is designed to support a a maximum user weight of 136 kg (300 lbs.).**
14. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

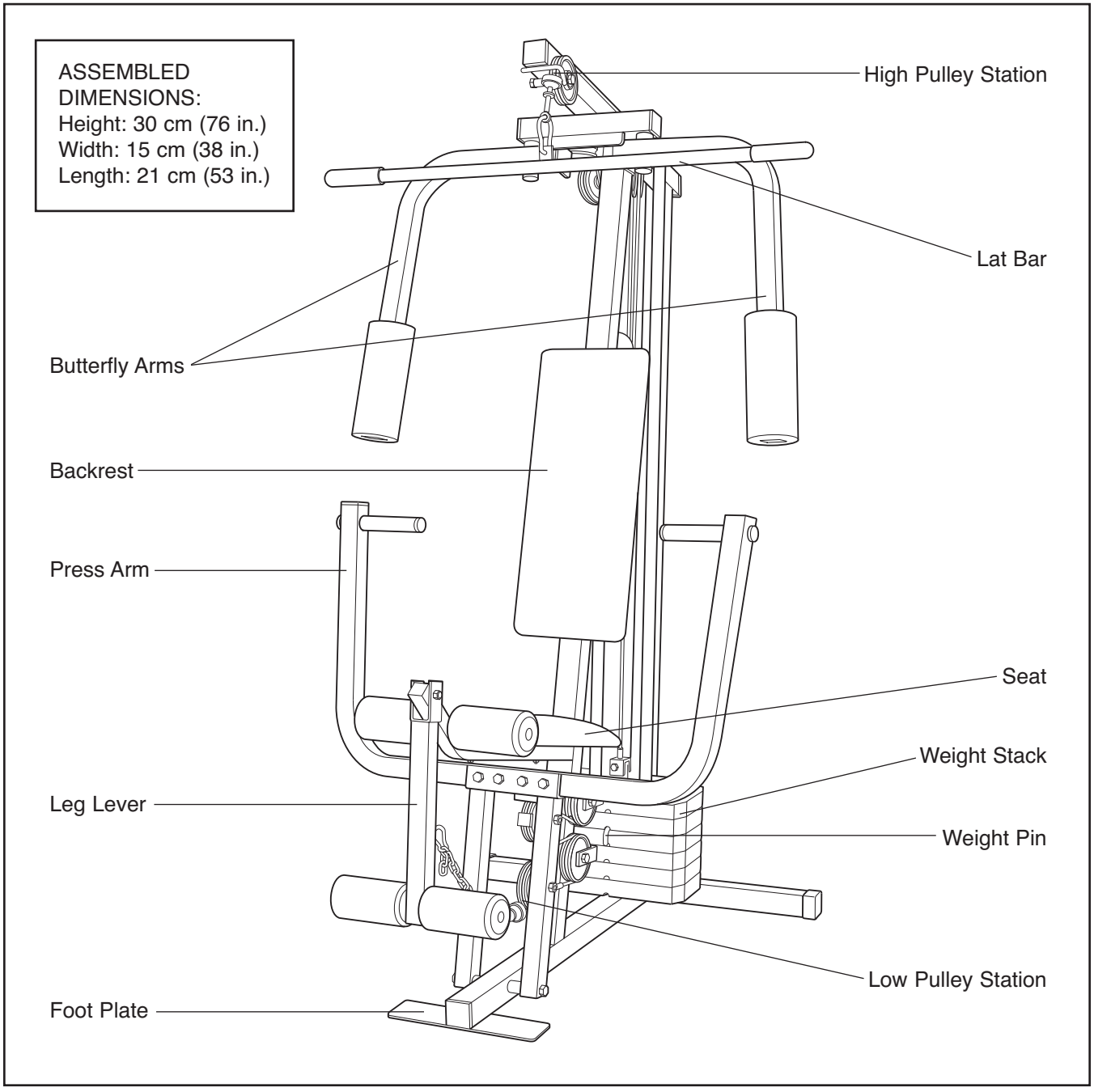
**⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**

# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8510 weight system. The WEIDER® 8510 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® 8510 will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER® 8510 weight system.** If you have additional questions, please call our Customer Service Department at **1-888-936-4266**, Monday through Friday, 8h00 until 18h00 Eastern Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WESY8510C4. The serial number can be found on a decal attached to the weight system (see the front cover of this owner's manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



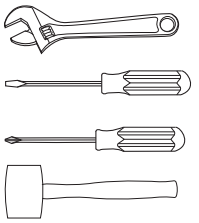
# ASSEMBLY

**Before beginning assembly, carefully read the following information and instructions:**

- Place all parts of the weight system in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- The assembly is divided into four stages: 1) frame assembly, 2) press and butterfly arm assembly, 3) cable and pulley assembly, and 4) seat and backrest assembly. The hardware for each stage is packaged separately.
- Wait until you begin each assembly stage to open that parts bag.
- For help identifying the small parts used in assembly, ***use the PART IDENTIFICATION CHART located in the center of this manual.*** Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.
- As you assemble the weight system, be sure that all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

**THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:**

- **Two adjustable wrenches**
- **One standard screwdriver**
- **One phillips screwdriver**
- **One rubber mallet**



- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

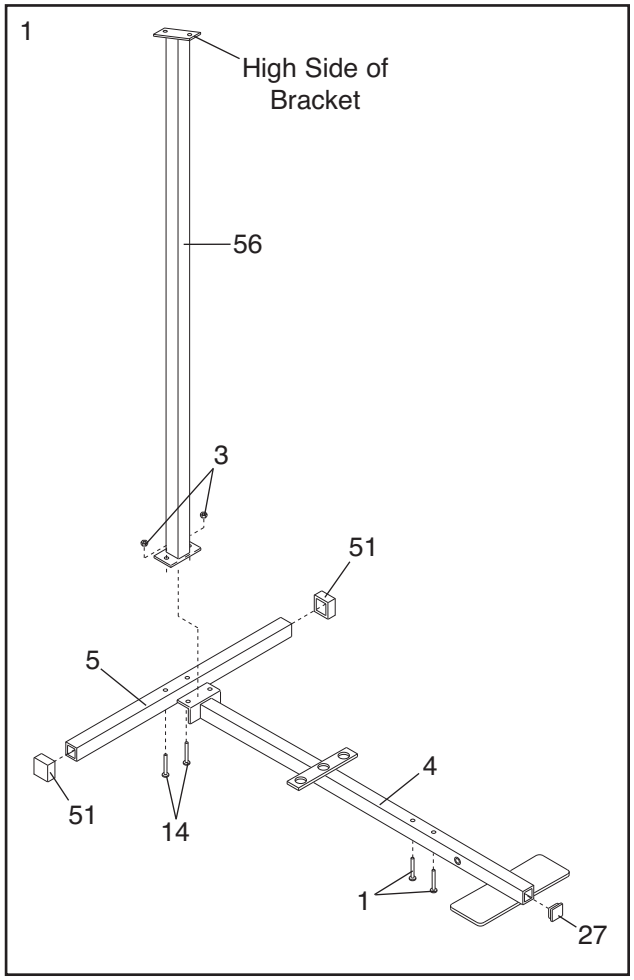
## FRAME ASSEMBLY

1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

   Press a 2” Square Outer Cap (51) onto each end of the Stabilizer (5). Press a 2” Square Inner Cap (27) into the end of the Base (4).

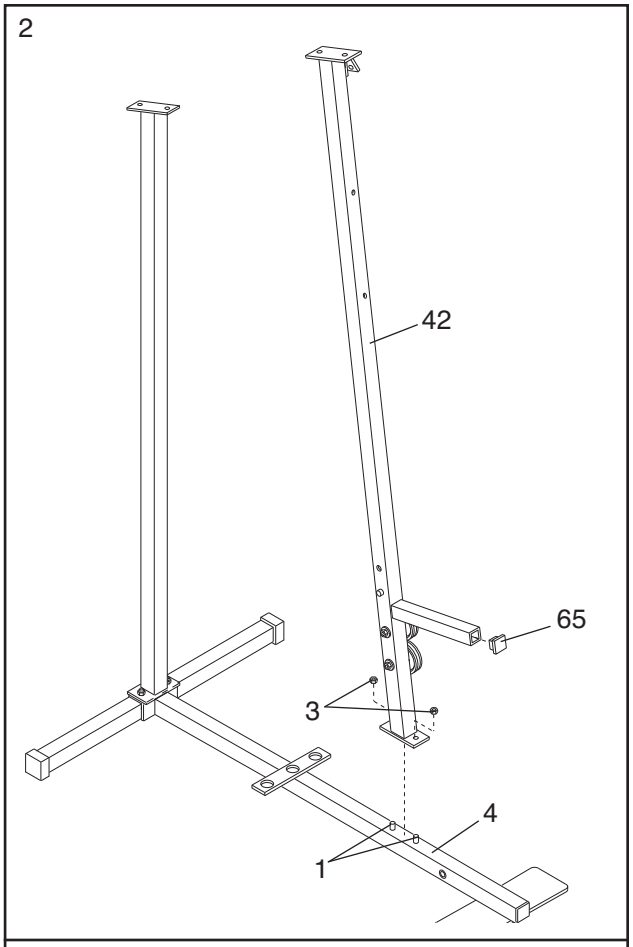
   Insert two 5/16” x 2 3/4” Carriage Bolts (14) up through the Stabilizer (5). Insert two 5/16” x 2 1/2” Carriage Bolts (1) up through the Base (4).

   Slide the indicated end of the Base (4) onto the 5/16” x 2 3/4” Carriage Bolts (14) in the Stabilizer (5). Slide the Rear Upright (56) onto the Carriage Bolts. Hand tighten a 5/16” Nylon Locknut (3) onto each Carriage Bolt. **The high side of the bracket on the Rear Upright must be on the side shown. Do not tighten the Nylon Locknuts yet.**



2. Slide the Front Upright (42) onto the 5/16” x 2 1/2” Carriage Bolts (1) in the Base (4). Hand tighten a 5/16” Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

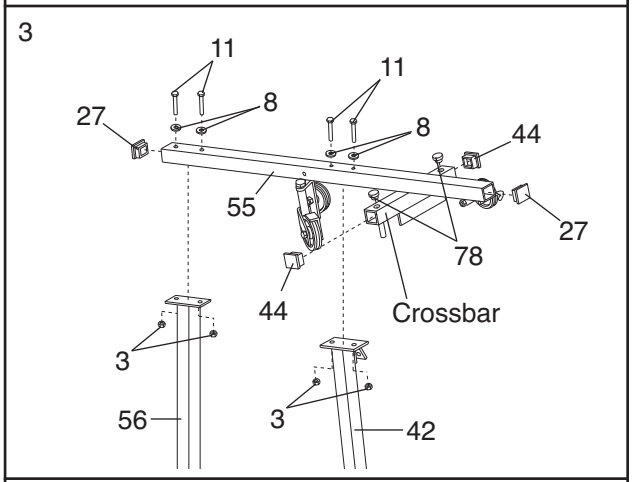
   Press a 1” Square Inner Cap (65) into the Front Upright (42).




3. Press a 2” Square Inner Cap (27) into each end of the Top Frame (55). Press a 1 3/4” Square Inner Cap (44) into each end of the crossbar on the Top Frame. Press two Round Inner Caps (78) into the top of the crossbar.

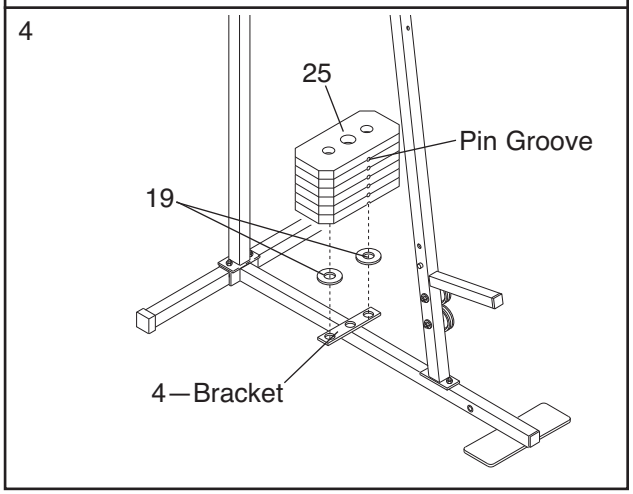
   Attach the Top Frame (55) to the Front Upright (42) and the Rear Upright (56) with four 5/16” x 2 3/4” Bolts (11), four 5/16” Flat Washers (8), and four 5/16” Nylon Locknuts (3).

   **Tighten all Nylon Locknuts used in steps 1 through 3.**




4. Set two Weight Bumpers (19) onto the bracket on the Base (4) as shown.

   Stack six Weights (25) on the Weight Bumpers (19). Be sure that all of the Weights are turned so the pin grooves are on the same side. **Be careful not to tip the stack of Weights.**

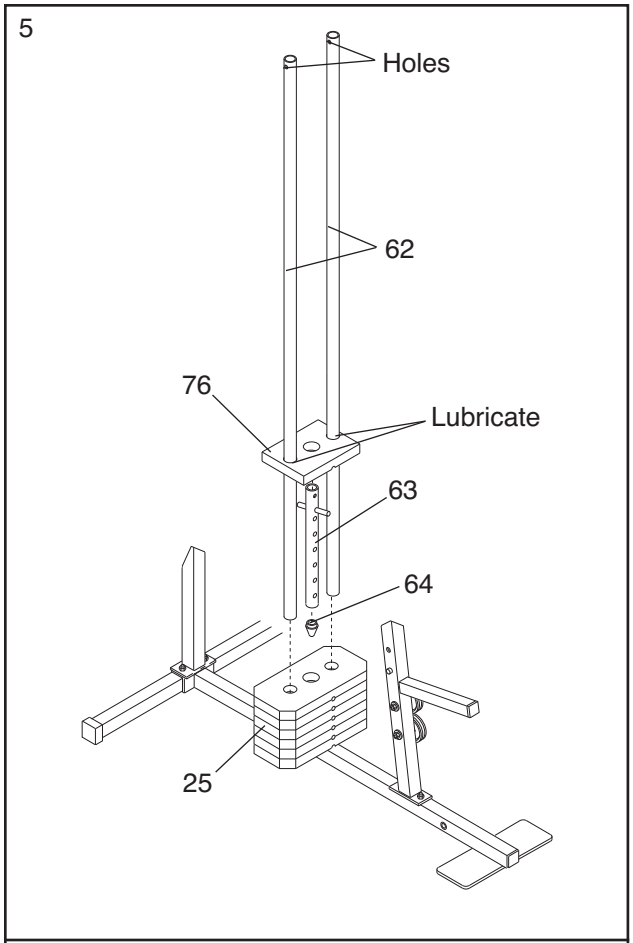


## FRAME ASSEMBLY

5. Press the Weight Tube Bumper (64) into the end of the Weight Tube (63). Insert the Weight Tube into the stack of Weights (25). Be sure that the pins on the Weight Tube are resting in the pin grooves in the upper Weight.

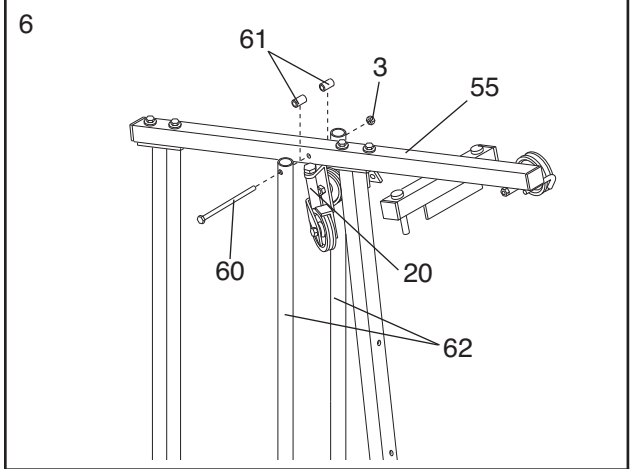
   Lubricate the insides of the holes in the Top Weight (76). Set the Top Weight onto the stack of Weights (25).

   Insert both Weight Guides (62) into the stack of Weights (25). **Be sure that the holes in the Weight Guides are at the top, as shown.**




6. Attach the upper ends of the Weight Guides (62) to the Top Frame (55) with the 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a Nylon Locknut (3).

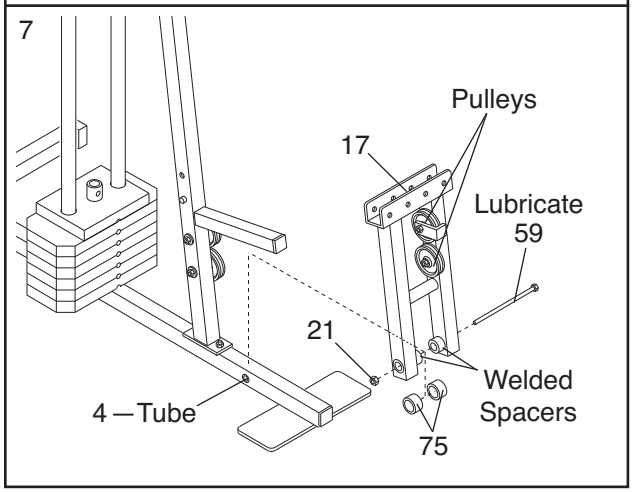
   **Be sure that the Pulley Bracket (20) is in front of the right Weight Guide (62) as shown.**




## ARM ASSEMBLY

7. Press a 1" x 7/8" Plastic Bushing (75) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place on the Base (4). **Note: This will be a tight fit. The Plastic Bushings should fit onto each end of the indicated tube in the Base. Be sure that the pulleys are on the indicated side.**

   Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame (17) to the Base (4) with the 3/8" x 8" Bolt and a 3/8" Nylon Locknut (21).



## ARM ASSEMBLY

8. Press a 1 3/4" Square Inner Cap (44) into the top of a Press Arm (46). Press a 1" Round Inner Cap (49) into each end of the handle on the Press Arm. Attach the Press Arm to one side of the Press Frame (17) with two 5/16" x 2 1/2" Bolts (22) and two 5/16" Nylon Locknuts (3).

   Assemble the other Press Arm (46) in the same manner.

9. Identify the Right Arm (48) and the Left Arm (47). Note the position of the welded bracket on each Arm. **Arm identification is very important for step 10.**

   Note: The "V"-Pulleys (6), Long Cable Traps (50), 3/8" x 2 1/2" Bolts (7), and 3/8" Nylon Locknuts (21) are pre-attached. These have been shown disassembled for easy part identification.

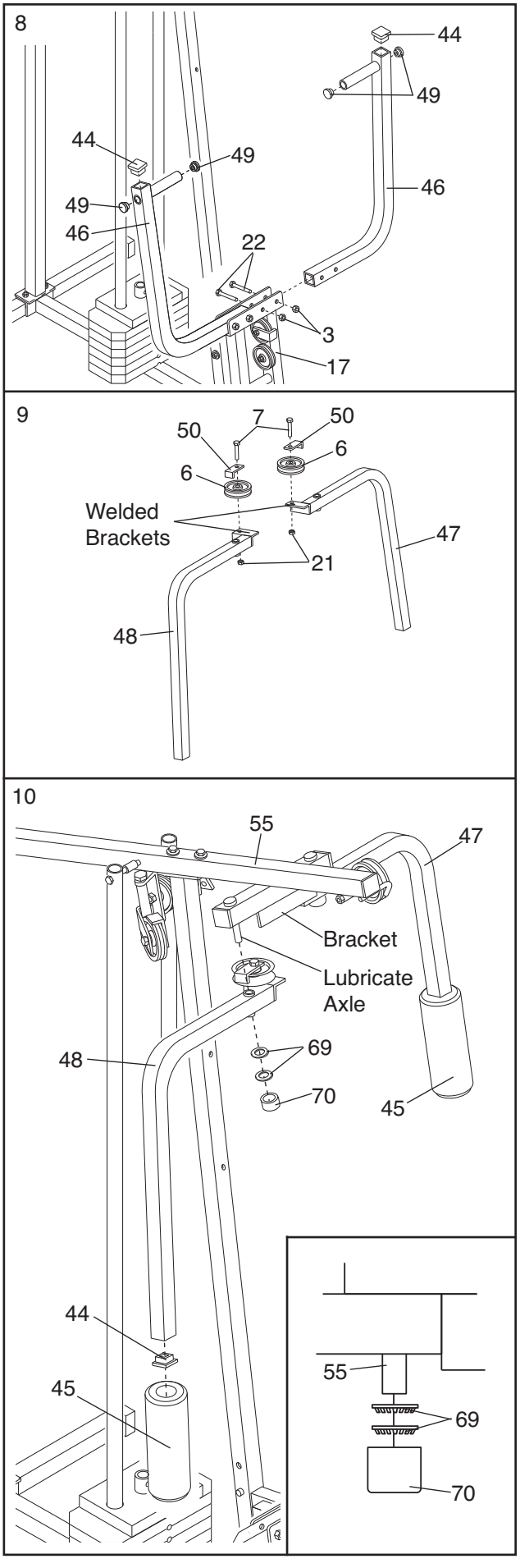
10. Lubricate both axles on the Top Frame (55).

    Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 9 to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).**

    Tap two 1" Retainers (69) and a 1" Round Cover Cap (70) onto the right axle. **Be sure that the teeth on the Retainers bend toward the Cover Cap, as shown in the inset drawing.**

    Attach the Left Arm (47) in the same manner.

    Press 1 3/4" Square Inner Caps (44) into the lower ends of the Right and Left Arms (47, 48). Wet the lower end of each Arm with soapy water. Slide a 10" Pad (45) onto the lower end of each Arm.



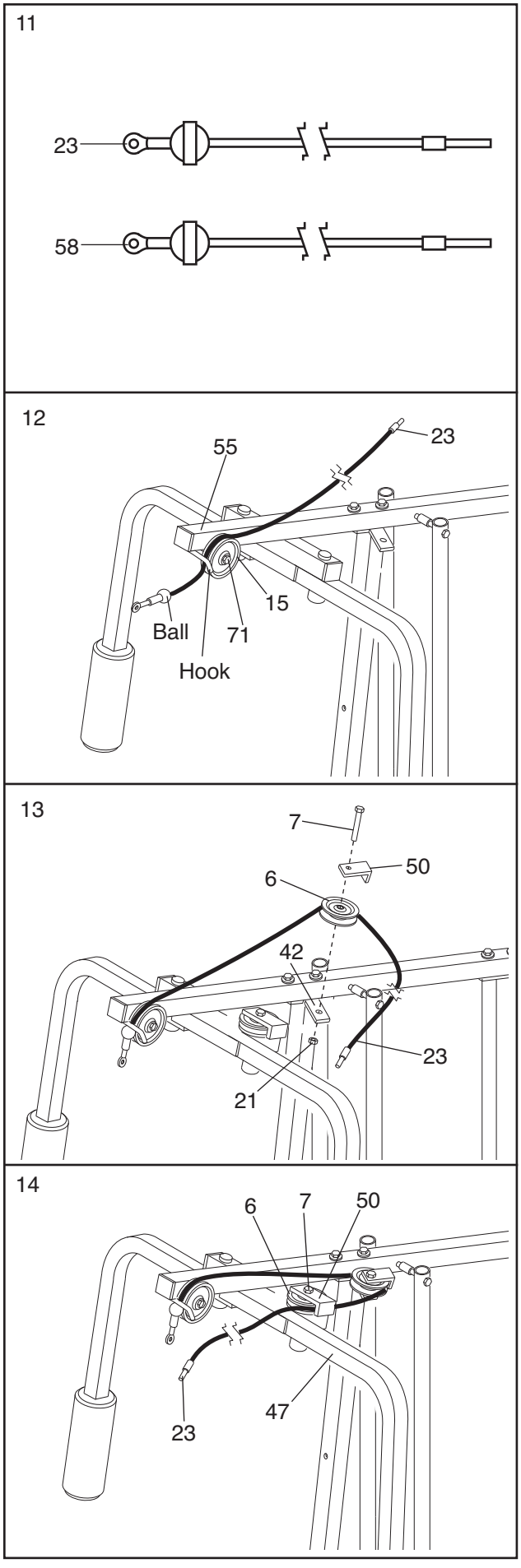
11. During steps 11 through 25, refer to the CABLE DIAGRAM on page 20 of this manual to verify proper cable routing. Before beginning this section, identify the Long Cable (23) and the Short Cable (58) by comparing the lengths and ends of the cables.

    **IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts securing the pulleys. The pulleys must be able to turn freely.**

12. **Locate the Long Cable (23).** Route the Long Cable around the indicated 3 1/2" Pulley (15) attached to the Top Frame (55). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook.** Tighten the 3/8" x 3 3/4" Bolt (71) and the 3/8" Nylon Locknut (not shown).

13. Wrap the Long Cable (23) around a "V"-Pulley (6). Attach the "V"-Pulley and a Long Cable Trap (50) to the indicated bracket on the Front Upright (42) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**

14. Route the Long Cable (23) around the "V"-Pulley (6) on the Left Arm (47). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (50) is positioned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (7) and the 3/8" Nylon Locknut (not shown).



15. Route the Long Cable (23) around the "V"-Pulley (6) on the Right Arm (48). **Be sure that the Cable is in the groove of the "V"-Pulley and that the Long Cable Trap (50) is turned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (7) and the 3/8" Nylon Locknut (not shown).

16. Route the Long Cable (23) around the 3 1/2" Pulley (15) attached to the Pulley Bracket (20). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.** Tighten the 3/8" x 2" Bolt (12) and the 3/8" Nylon Locknut (not shown).

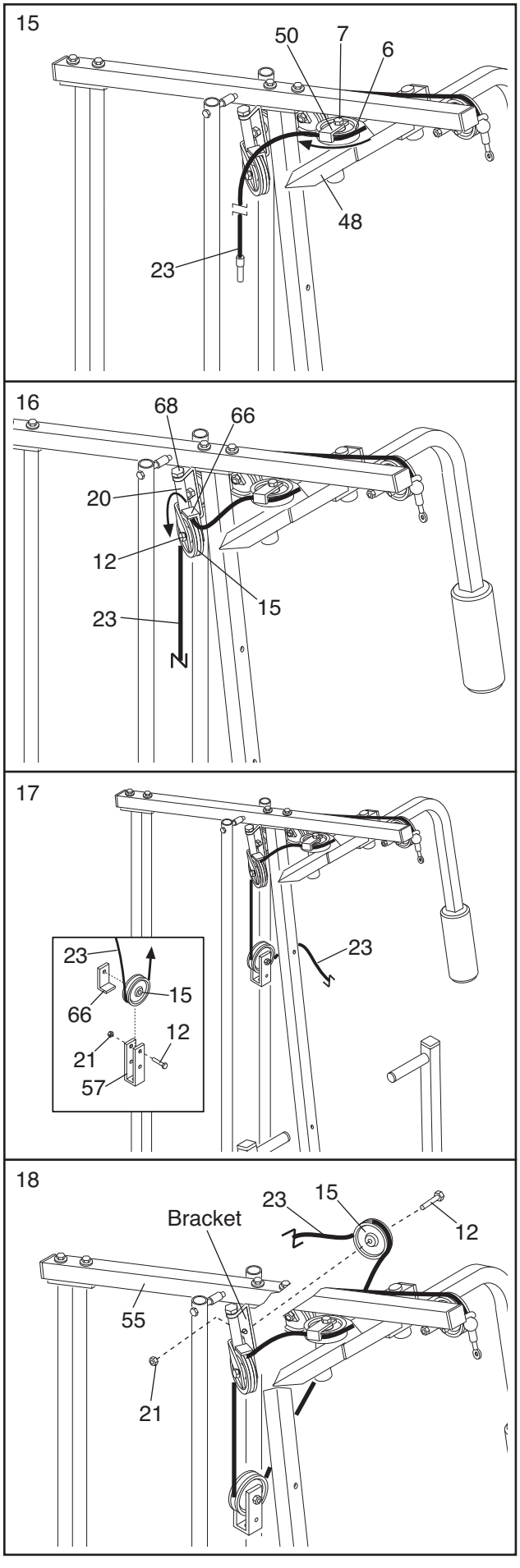
    Be sure that the 5/16" x 5" Bolt (68) is properly tightened and that the Pulley Bracket (20) can move freely.

17. See the inset drawing. Attach a 3 1/2" Pulley (15) and a Cable Trap (66) to the indicated hole in the Long "U"-Bracket (57) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure that the Cable Trap is inside the "U"-Bracket. Note: This may come pre-assembled.**

    Route the Long Cable (23) around the 3 1/2" Pulley (15) and through the Long "U"-Bracket (57). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

18. **Note: The Pulley (15) in this drawing is pre-assembled. It is shown disassembled for easy part identification.**

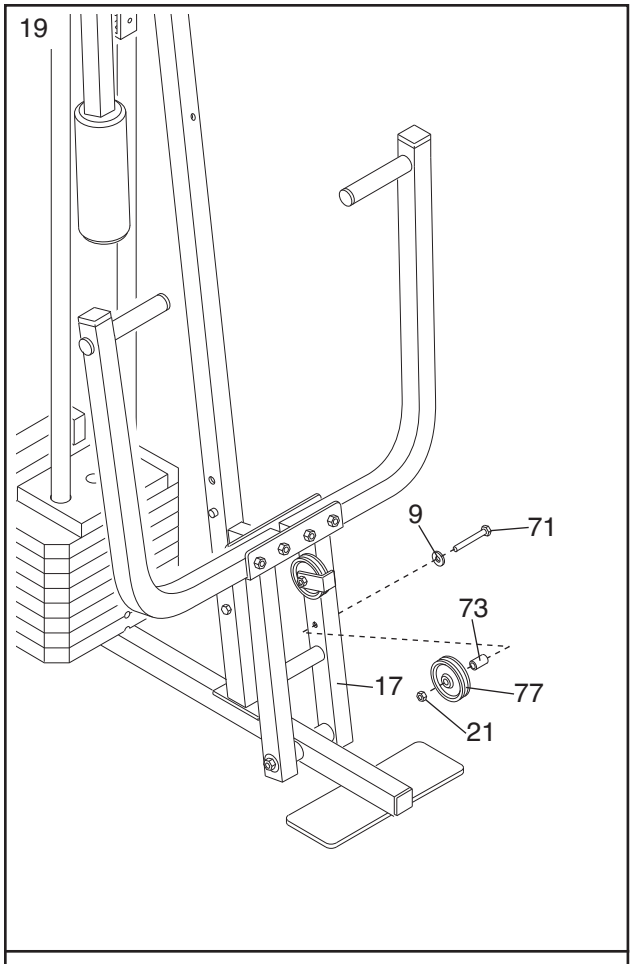
    Route the Long Cable (23) around the 3 1/2" Pulley (15) attached to the bracket on the Top Frame (55). Tighten the 3/8" x 2" Bolt (12) and the 3/8" Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**



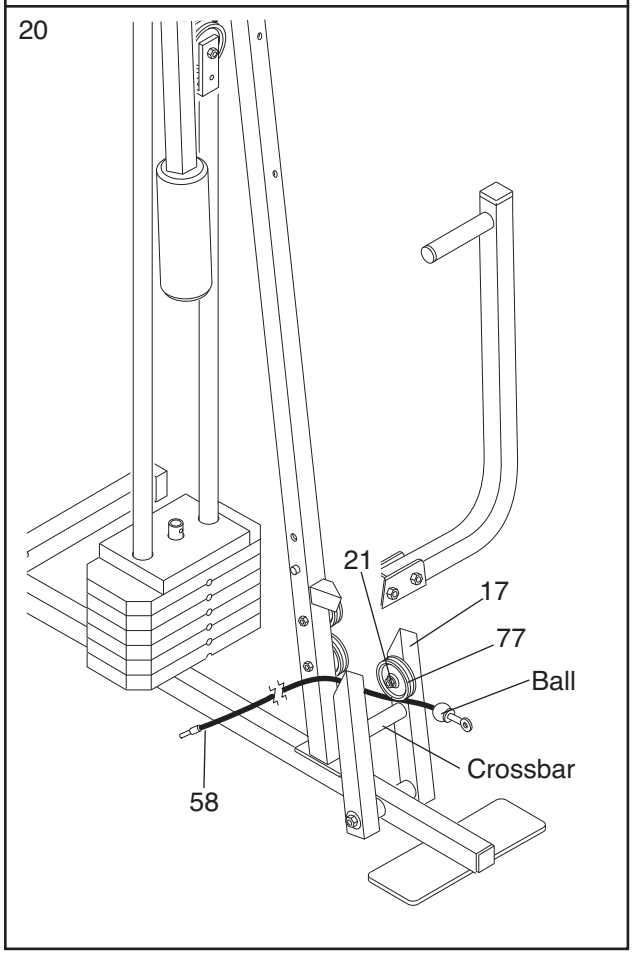
19. **Note: This assembly step shows how to complete the assembly of several pre-attached parts.**

    The 5/8” x 9/16” Spacer (73) has been pre-attached on the outside of the 3 1/2” Low Pulley (77) for shipping purposes. Remove the 3/8” Nylon Locknut (21), the Spacer, and the Pulley from the 3/8” x 3 3/4” Bolt (71). **Do not remove the Bolt. The Bolt has been shown removed for part identification.**

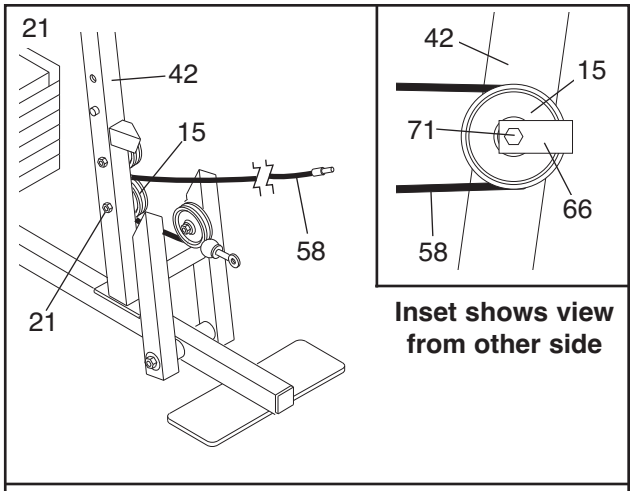
    Reattach the 3 1/2” Low Pulley (77), with the 5/8” x 9/16” Spacer (73) between the Pulley and the Press Frame (17). **Do not tighten the 3/8” Nylon Locknut (21) yet. Be sure that the 3/8” x 3 3/4” Bolt (71), the 3/8” Flat Washer (9), the 5/8” x 9/16” Spacer (73), the 3 1/2” Low Pulley (77), and the 3/8” Nylon Locknut (21) are oriented as shown.**



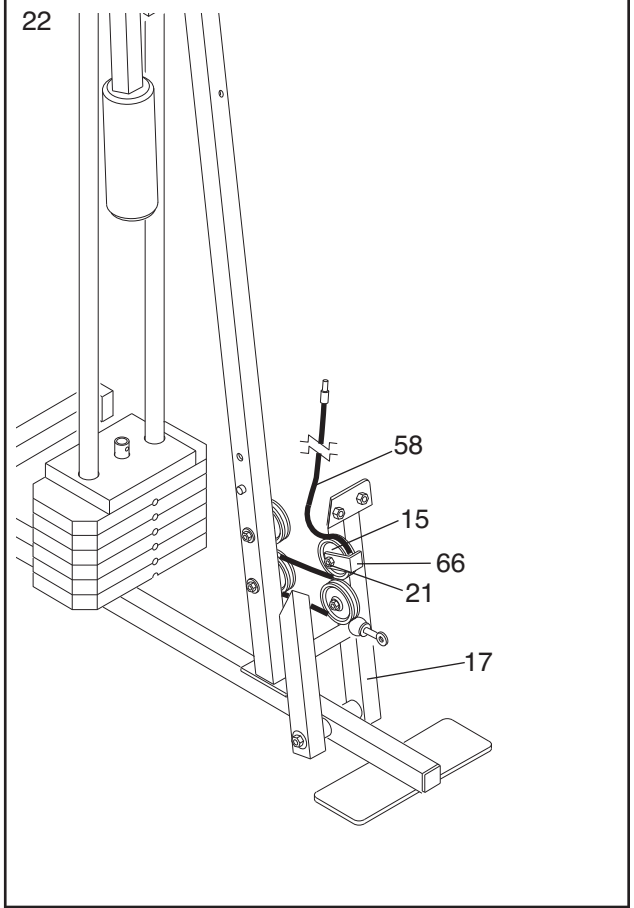

20. **Locate the Short Cable (58).** Route the Short Cable (58) under the 3 1/2” Low Pulley (77). **Be sure that the end of the Cable with the ball is on the indicated side of the Press Frame (17) and that the Cable is between the Pulley and the crossbar on the Press Frame.** Tighten the 3/8” Nylon Locknut (21) and the 3/8” x 3 3/4” Bolt (not shown).



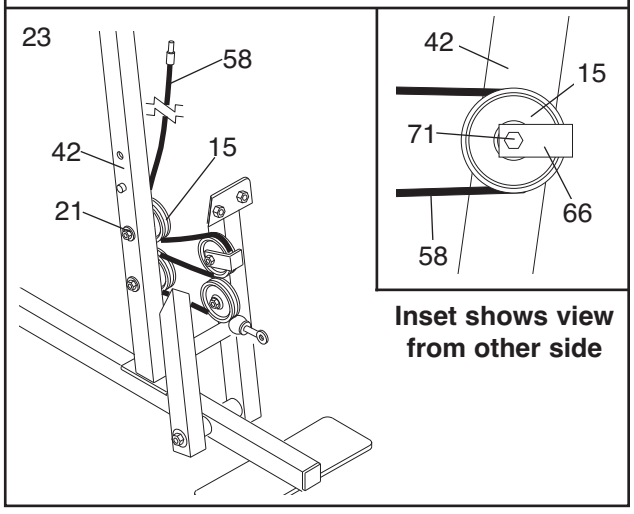
21. Route the Short Cable (58) around the 3 1/2” Pulley (15) attached to the lower hole in the Front Upright (42). **See the inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8” Nylon Locknut (21) and the 3/8” x 3 3/4” Bolt (71).



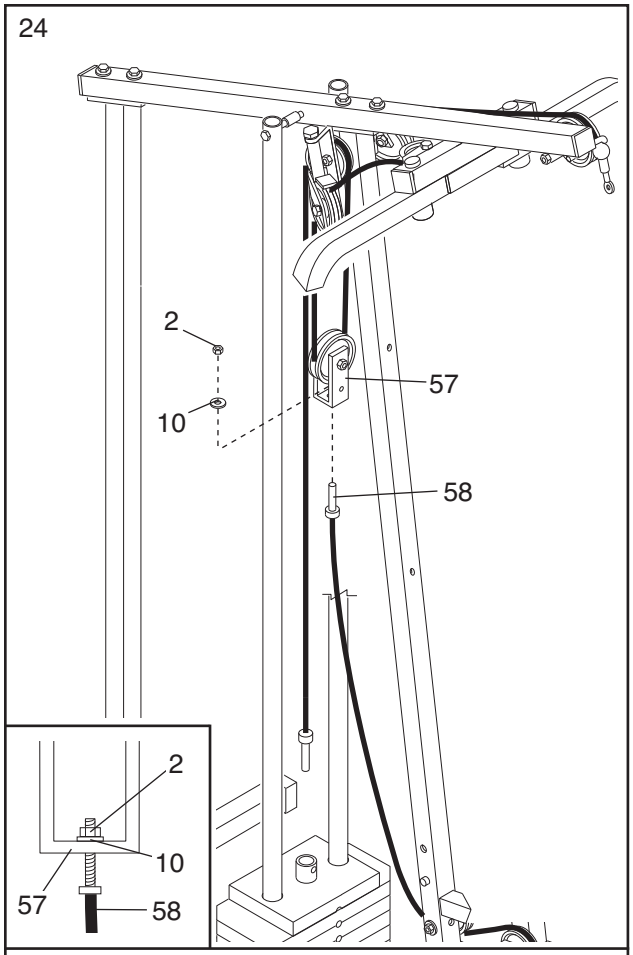

22. Route the Short Cable (58) around the 3 1/2” Pulley (15) attached to the upper hole in the Press Frame (17). **Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8” Nylon Locknut (21) and the 3/8” x 3 1/2” Bolt (not shown).




23. Route the Short Cable (58) around the 3 1/2” Pulley (15) attached to the upper hole in the Front Upright (42). **See the inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8” Nylon Locknut (21) and the 3/8” x 3 3/4” Bolt (71).

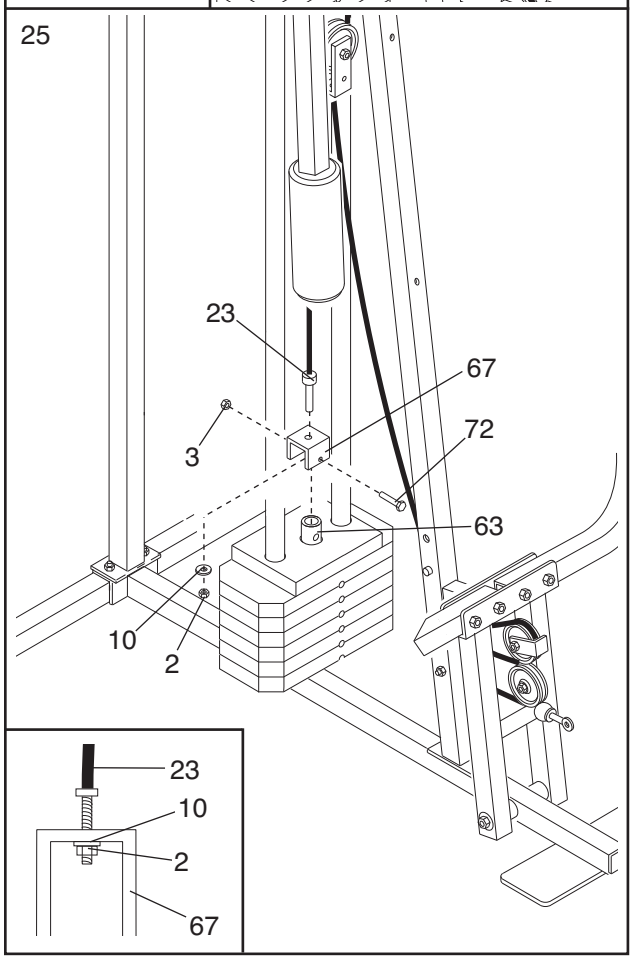


24. Attach the end of the Short Cable (58) to the Long “U”-Bracket (57) with a 1/4” Nylon Locknut (2) and a 1/4” Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the nut, as shown in the inset drawing.**

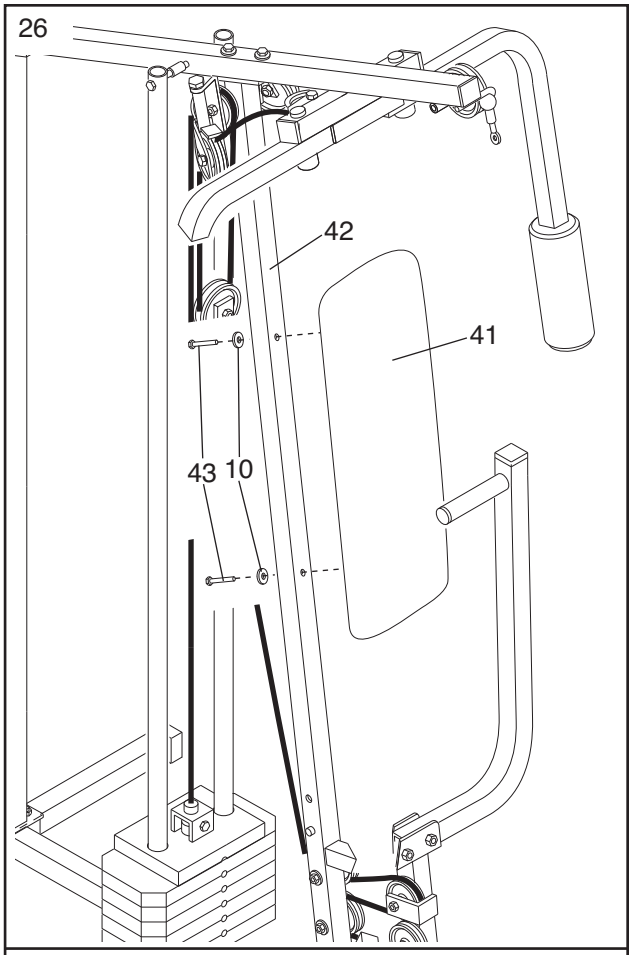



25. Attach the Long Cable (23) to the Small “U”-Bracket (67) with a 1/4” Nylon Locknut (2) and a 1/4” Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

    Attach the Small “U”-Bracket (67) to the Weight Tube (63) with the 5/16” x 1 3/4” Bolt (72) and a 5/16” Nylon Locknut (3).



26. Attach the Backrest (41) to the Front Upright (42) with two 1/4” x 2 1/2” Screws (43) and two 1/4” Flat Washers (10).

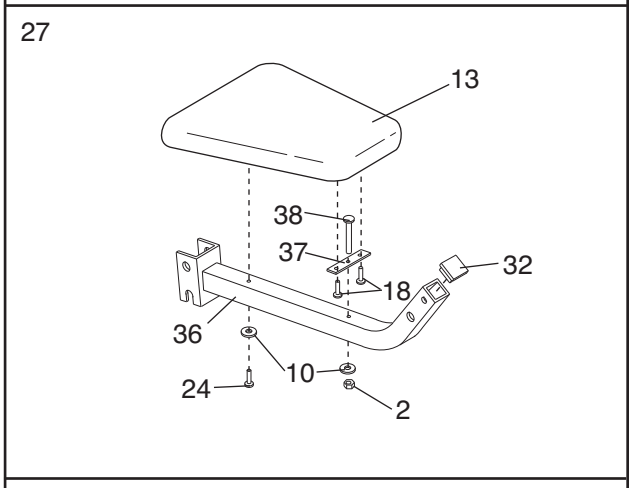



27. Press a 1 1/2” Square Inner Cap (32) into the Seat Frame (36).

    Insert the 1/4” x 2” Carriage Bolt (38) into the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4” x 3/4” Screws (18).

    Insert the 1/4” x 2” Carriage Bolt (38) into the indicated hole in the Seat Frame (36). Tighten a 1/4” Nylon Locknut (2) with a 1/4” Flat Washer (10) onto the Carriage Bolt.

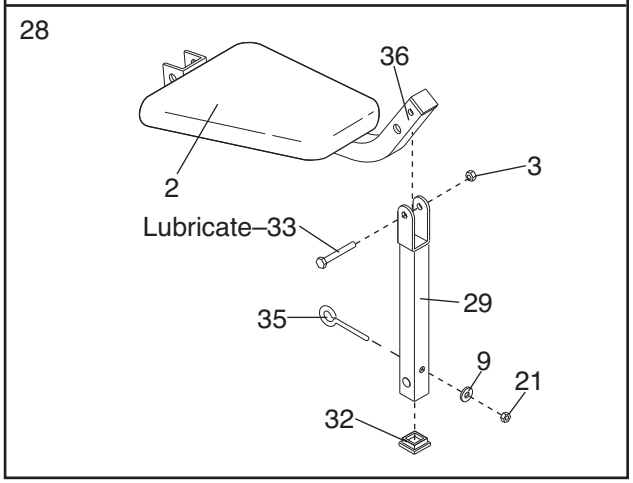
    Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4” Flat Washer (10) and the 1/4” x 2” Screw (24).




28. Press a 1 1/2” Square Inner Cap (32) into the Leg Lever (29).

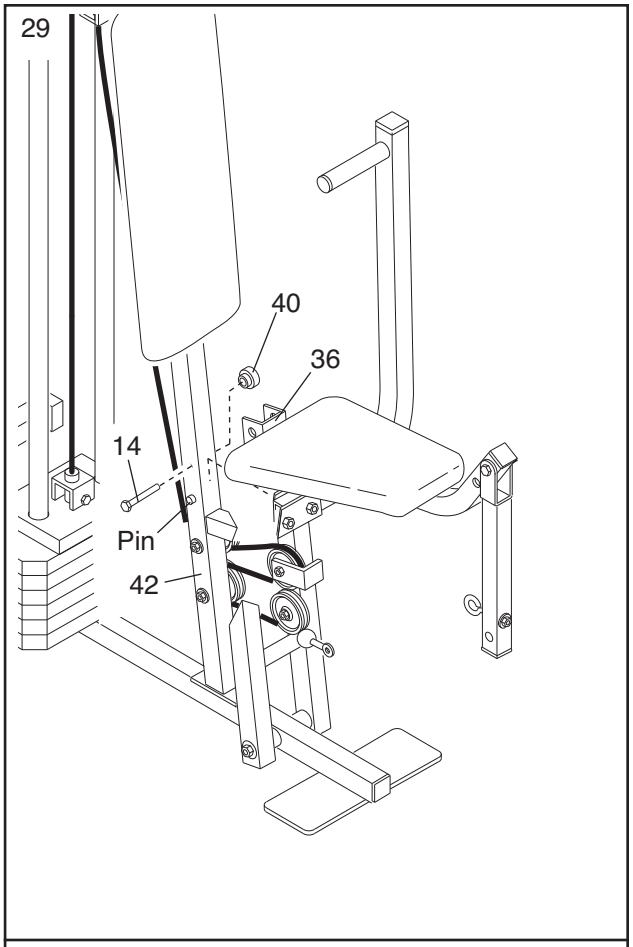
    Lubricate the 5/16” x 2 1/4” Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the 5/16” x 2 1/4” Bolt and a 5/16” Nylon Locknut (3). **Do not overtighten the Nylon Locknut. The Leg Lever must be able to pivot freely.**

    Insert the 3/8” x 2” Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten a 3/8” Nylon Locknut (21) with a 3/8” Flat Washer (9) onto the Eyebolt.



## SEAT ASSEMBLY

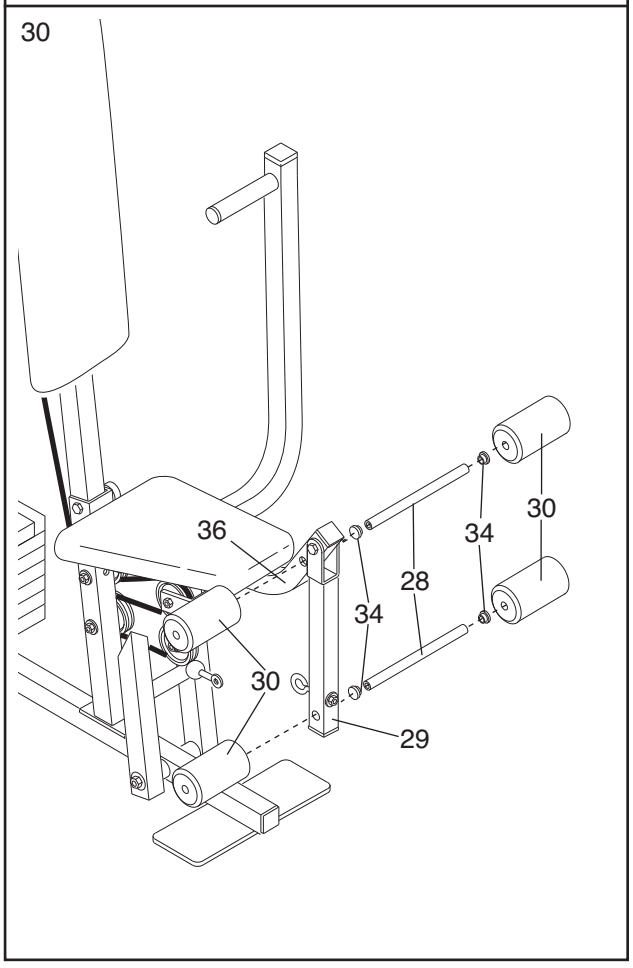
29. Rest the Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Seat Frame to the Front Upright with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).



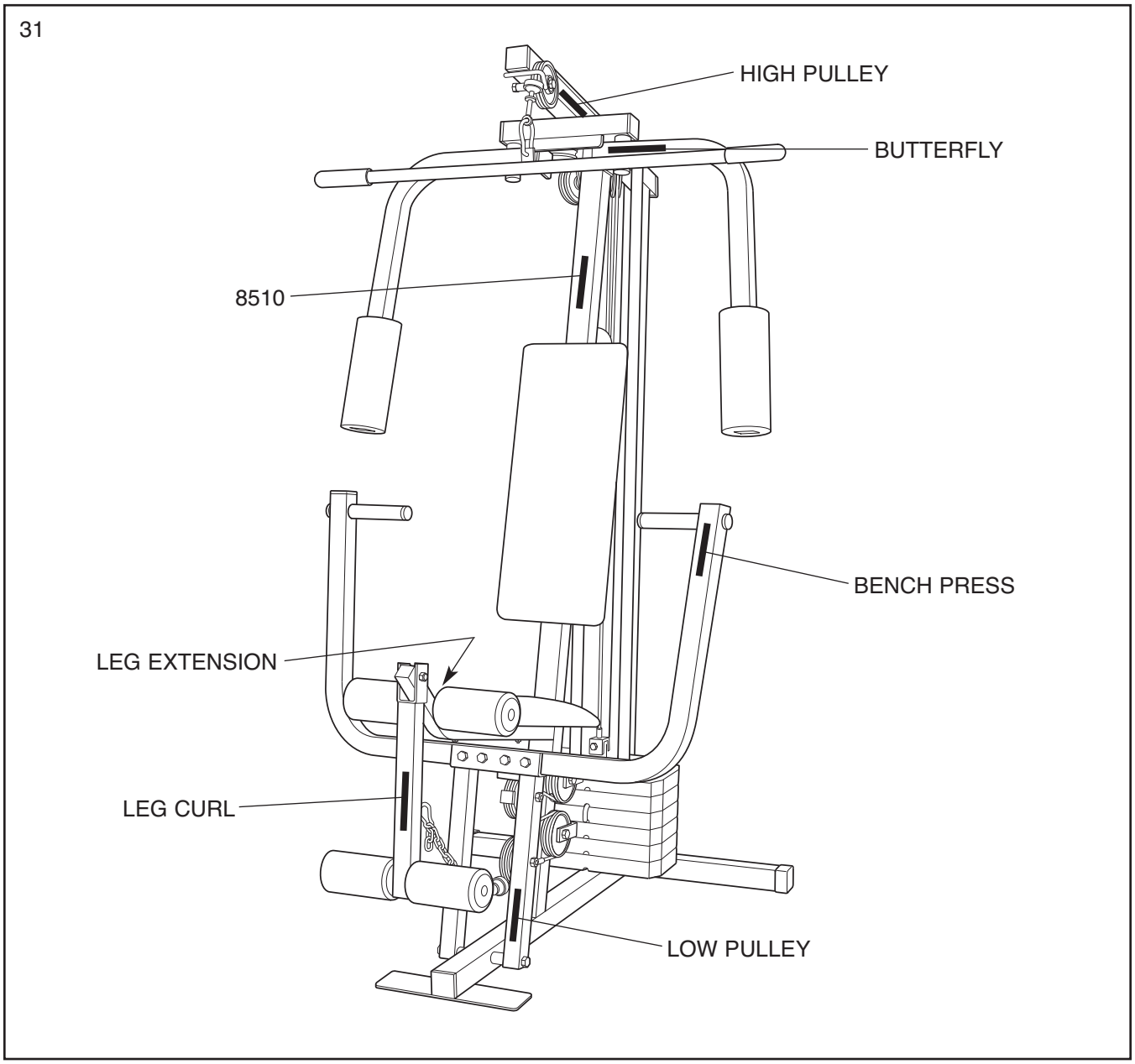

30. Press 3/4" Round Inner Caps (34) into the ends of both 12 1/2" Pad Tubes (28).

    Insert one 12 1/2" Pad Tube (28) into the Seat Frame (36). Slide a 5 1/2" Pad (30) onto each end of the Pad Tube.

    Insert the other 12 1/2" Pad Tube (28) into the Leg Lever (29). Slide a 5 1/2" Pad (30) onto each end of the Pad Tube.



31. Remove the decals from the decal sheet (not shown) and apply them to the weight system in the locations shown below.




32. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17 of this manual.

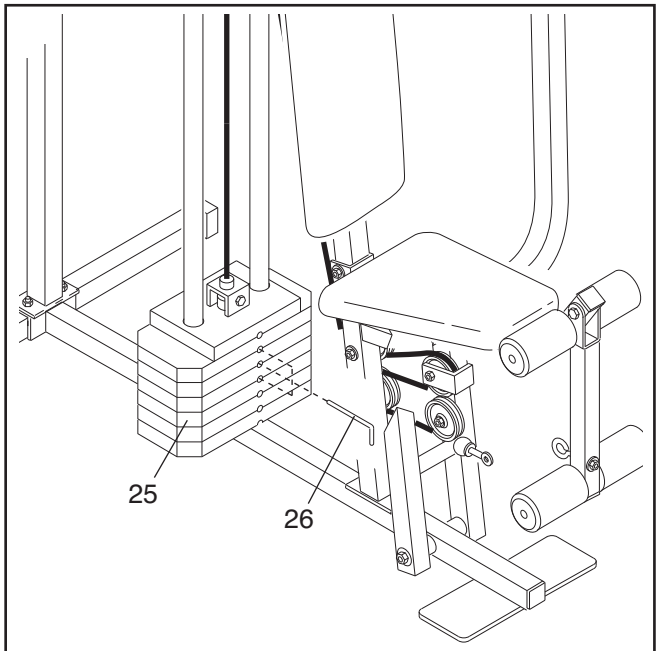
Before using the weight system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 20 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 19.**

# ADJUSTMENT

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise poster accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

### CHANGING THE WEIGHT SETTING

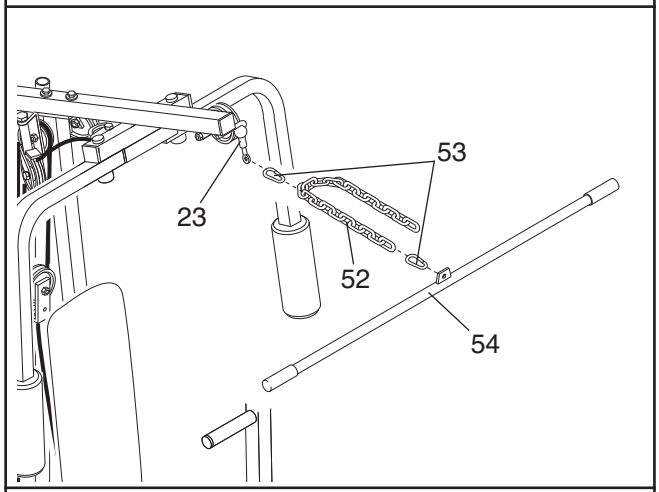
To change the weight setting of the weight stack, insert a Weight Pin (26) under the desired Weight (25). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6.5 pounds to 81.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 18 to find the actual amount of resistance at each weight station.**




### ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (54) to the Long Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

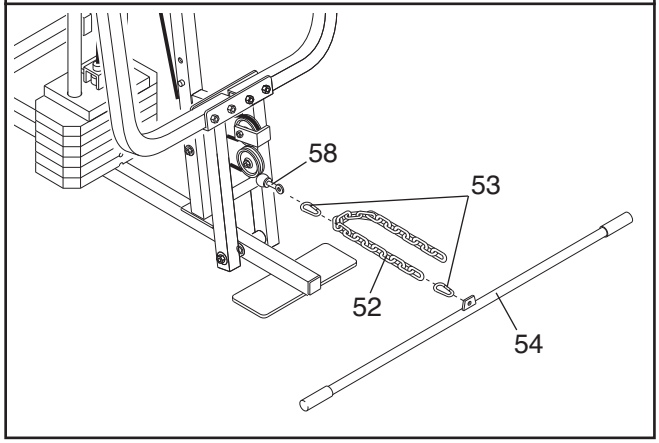
The Nylon Strap (39) (not shown) can be attached in the same manner.




### ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (54) to the Short Cable (58) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Pulley Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

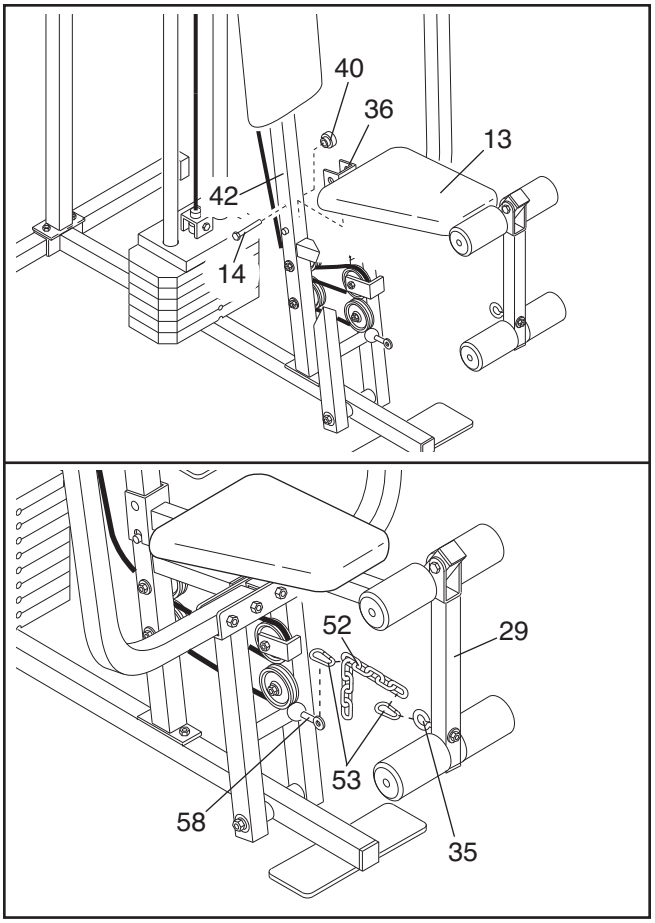
The Nylon Strap (39) (not shown) can be attached in the same manner.



## ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

For some exercises, the Seat (13) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).




## ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above).

Attach one end of the Chain (52) to the Short Cable (58) with a Cable Clip (53). Attach the other end of the Chain to the Eyebolt (35) with a Cable Clip.

## WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. "Top" refers to the 6.5 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm. Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.

| WEIGHT PLATES | PRESS ARM (lbs.) | BUTTERFLY ARM (lbs.) | LEG LEVER (lbs.) | HIGH PULLEY (lbs.) | LOW PULLEY (lbs.) |
|---|---|---|---|---|---|
| Top | 20 | 10 | 15 | 14 | 24 |
| 1 | 45 | 22 | 36 | 28 | 54 |
| 2 | 70 | 33 | 54 | 44 | 82 |
| 3 | 99 | 42 | 75 | 60 | 115 |
| 4 | 128 | 48 | 96 | 72 | 147 |
| 5 | 153 | 60 | 115 | 90 | 175 |
| 6 | 184 | 69 | 137 | 103 | 209 |

# TROUBLESHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

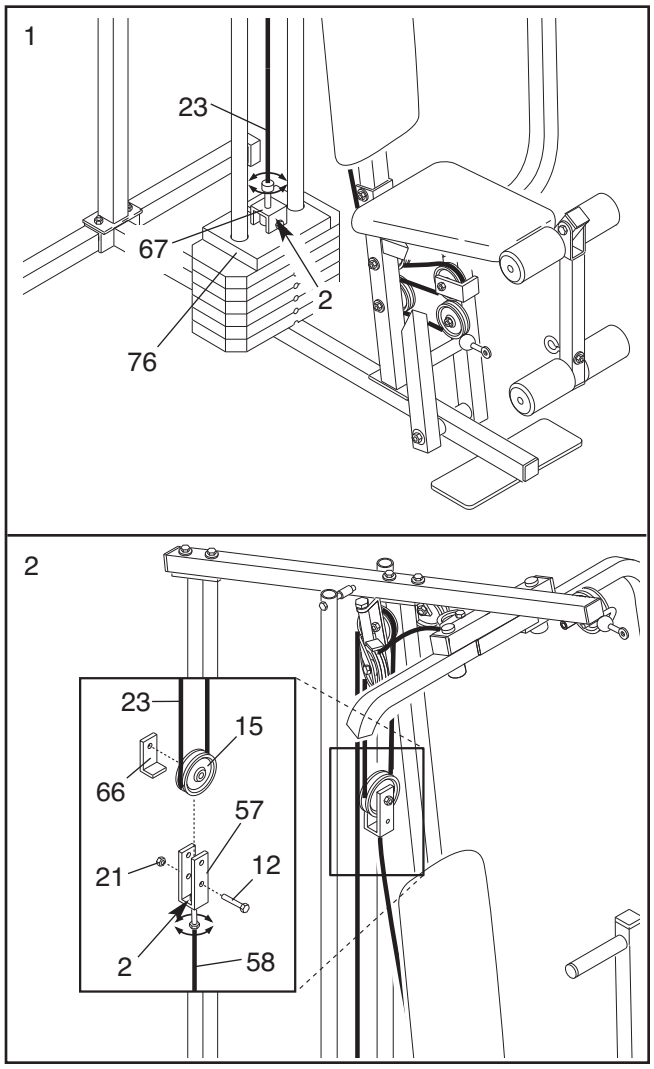
**TIGHTENING THE CABLES**

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Slack can be removed from the cables by tightening the 1/4" Nuts (2) at the end of the Long Cable (23) (see drawing 1) and at the end of the Short Cable (58) (see drawing 2). To do this you may need to remove the Small "U"-Bracket (67) from the Weight Tube (not shown) or remove the 3 1/2" Pulley (15) from the Long "U"-Bracket (57). Make sure that the cables are not too tight, or the Top Weight (76) will be lifted off the weight stack.

Additional slack can be removed by moving the 3 1/2" Pulley (15) to the other hole in the Long "U"-Bracket (57). Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from the Cable Trap (66), Pulley, and "U"-Bracket. Re-attach the Pulley and Cable Trap. Be sure that the Cable trap is in the proper position and that the Cable and Pulley move smoothly.

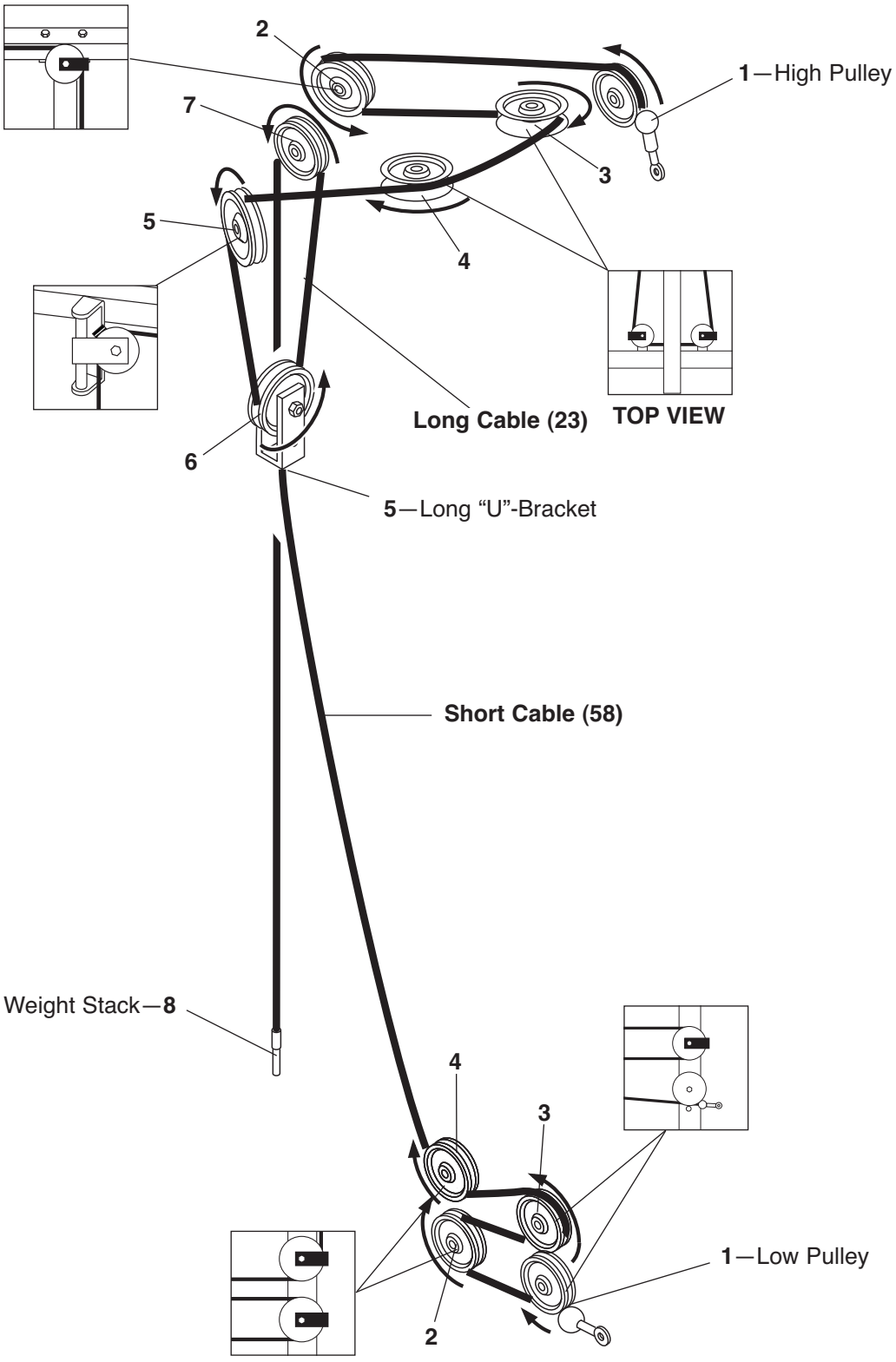
**Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.**

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on page 23 of this manual.



# CABLE DIAGRAM

The cable diagram below shows the proper routing of the Short Cable (58) and the Long Cable (23). Use the diagram to be sure that the two cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. The starting and ending points of each cable are labeled. **Be sure that the cable traps do not touch or bind the cables.**



# PART LIST—Model No. WESY8510C4

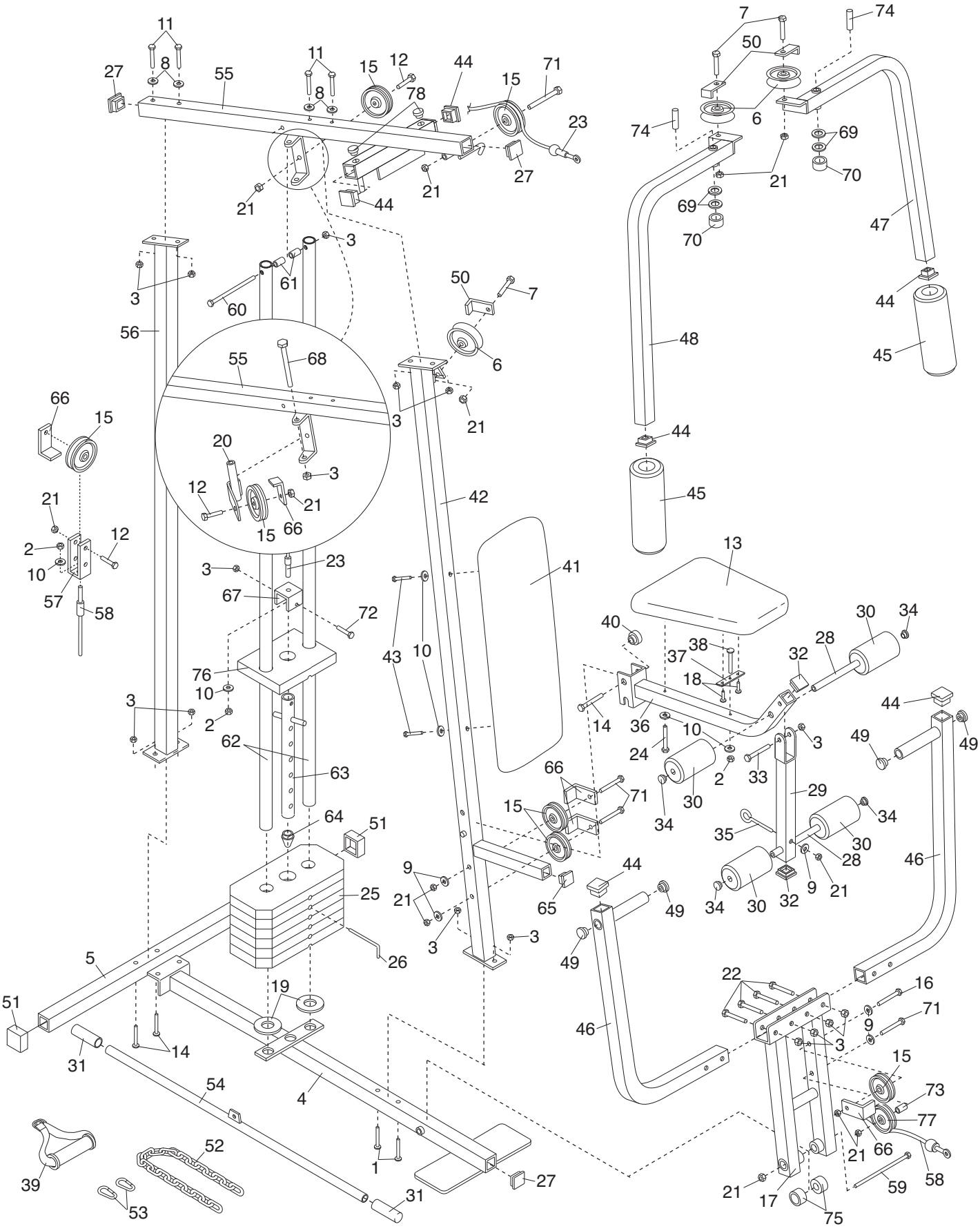
R1102A

| Key No. | Qty. | Description |
|---|---|---|
| 1 | 2 | 5/16” x 2 1/2” Carriage Bolt |
| 2 | 3 | 1/4” Nylon Locknut |
| 3 | 16 | 5/16” Nylon Locknut |
| 4 | 1 | Base |
| 5 | 1 | Stabilizer |
| 6 | 3 | “V”-Pulley |
| 7 | 3 | 3/8” x 2 1/2” Bolt |
| 8 | 4 | 5/16” Flat Washer |
| 9 | 5 | 3/8” Flat Washer |
| 10 | 6 | 1/4” Flat Washer |
| 11 | 4 | 5/16” x 2 3/4” Bolt |
| 12 | 3 | 3/8” x 2” Bolt |
| 13 | 1 | Seat |
| 14 | 3 | 5/16” x 2 3/4” Carriage Bolt |
| 15 | 7 | 3 1/2” Pulley |
| 16 | 1 | 3/8” x 3 1/2” Bolt |
| 17 | 1 | Press Frame |
| 18 | 2 | 1/4” x 3/4” Screw |
| 19 | 2 | Weight Bumper |
| 20 | 1 | Pulley Bracket |
| 21 | 13 | 3/8” Nylon Locknut |
| 22 | 4 | 5/16” x 2 1/2” Bolt |
| 23 | 1 | Long Cable |
| 24 | 1 | 1/4” x 2” Screw |
| 25 | 6 | Weight |
| 26 | 1 | Weight Pin |
| 27 | 3 | 2” Square Inner Cap |
| 28 | 2 | 12 1/2” Pad Tube |
| 29 | 1 | Leg Lever |
| 30 | 4 | 5 1/2” Pad |
| 31 | 2 | Hand Grip |
| 32 | 2 | 1 1/2” Square Inner Cap |
| 33 | 1 | 5/16” x 2 1/4” Bolt |
| 34 | 4 | 3/4” Round Inner Cap |
| 35 | 1 | 3/8” x 2” Eyebolt |
| 36 | 1 | Seat Frame |
| 37 | 1 | Seat Plate |
| 38 | 1 | 1/4” x 2” Carriage Bolt |
| 39 | 1 | Nylon Strap |
| 40 | 1 | Seat Knob |
| 41 | 1 | Backrest |
| 42 | 1 | Front Upright |
| 43 | 2 | 1/4” x 2 1/2” Screw |
| 44 | 6 | 1 3/4” Square Inner Cap |
| 45 | 2 | 10” Pad |
| 46 | 2 | Press Arm |
| 47 | 1 | Left Arm |
| 48 | 1 | Right Arm |
| 49 | 4 | 1” Round Inner Cap |
| 50 | 3 | Long Cable Trap |
| 51 | 2 | 2” Square Outer Cap |
| 52 | 1 | Chain |
| 53 | 2 | Cable Clip |
| 54 | 1 | Lat Bar |
| 55 | 1 | Top Frame |
| 56 | 1 | Rear Upright |
| 57 | 1 | Long “U”-Bracket |
| 58 | 1 | Short Cable |
| 59 | 1 | 3/8” x 8” Bolt |
| 60 | 1 | 5/16” x 6” Bolt |
| 61 | 2 | 1/2” x 3/4” Spacer |
| 62 | 2 | Weight Guide |
| 63 | 1 | Weight Tube |
| 64 | 1 | Weight Tube Bumper |
| 65 | 1 | 1” Square Inner Cap |
| 66 | 5 | Cable Trap |
| 67 | 1 | Small “U”-Bracket |
| 68 | 1 | 5/16” x 5” Bolt |
| 69 | 4 | 1” Retainer |
| 70 | 2 | 1” Round Cover Cap |
| 71 | 4 | 3/8” x 3 3/4” Bolt |
| 72 | 1 | 5/16” x 1 3/4” Bolt |
| 73 | 1 | 5/8” x 9/16” Spacer |
| 74 | 2 | 1 1/8” x 2 1/2” Plastic Bushing |
| 75 | 2 | 1” x 7/8” Plastic Bushing |
| 76 | 1 | Top Weight |
| 77 | 1 | 3 1/2” Low Pulley |
| 78 | 2 | Round Inner Cap |
| # | 1 | User’s Manual |
| # | 1 | Exercise Guide |

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. WESY8510C4

R1102A



# ORDERING REPLACEMENT PARTS

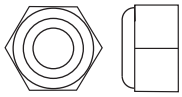
To order replacement parts, call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday 8h00 until 18h30 Eastern Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WESY8510C4)
- the NAME of the product (WEIDER® 8510 weight system)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 22 of this manual)

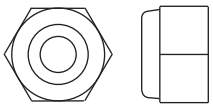
**PLACE STAMP HERE**

ICON of Canada Inc.
900 de l'Industrie
St-Jérôme, Québec
Canada, J7Y 4B8

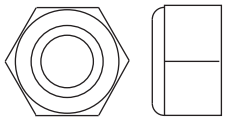
# PART IDENTIFICATION CHART—Model No. WESY8510C4 R1102A



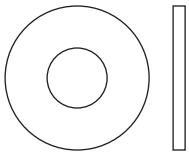
1/4" Nylon Locknut (2)



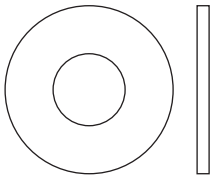
5/16" Nylon Locknut (3)



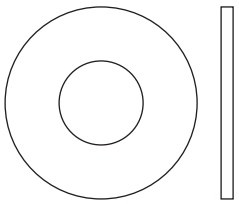
3/8" Nylon Locknut (21)



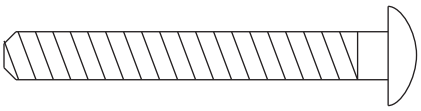
1/4" Flat Washer (10)



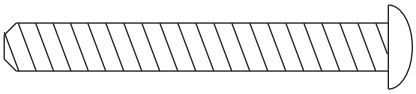
5/16" Flat Washer (8)



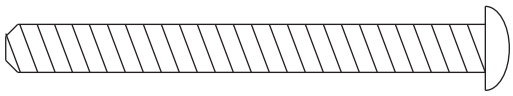
3/8" Flat Washer (9)



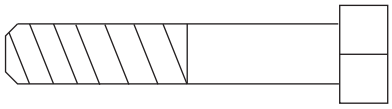
1/4" x 2" Carriage Bolt (38)



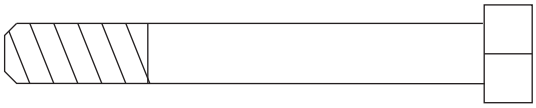
1/4" x 2" Screw (24)



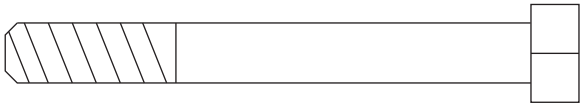
1/4" x 2 1/2" Screw (43)



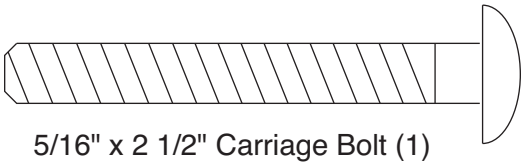
5/16" x 1 3/4" Bolt (72)



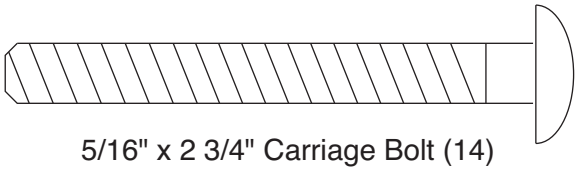
5/16" x 2 1/2" Bolt (22)



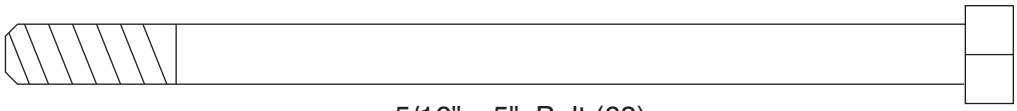
5/16" x 2 3/4" Bolt (11)



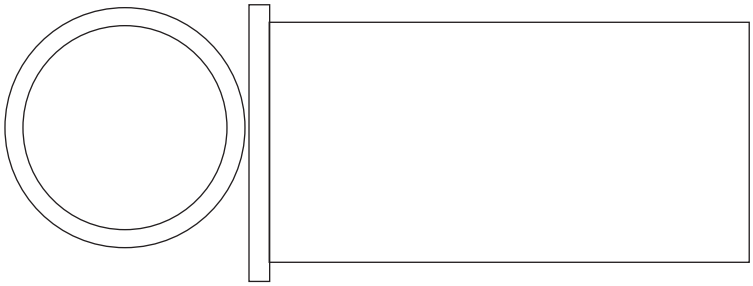
5/16" x 2 1/2" Carriage Bolt (1)



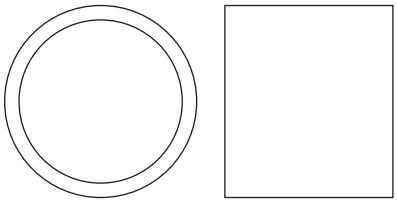
5/16" x 2 3/4" Carriage Bolt (14)



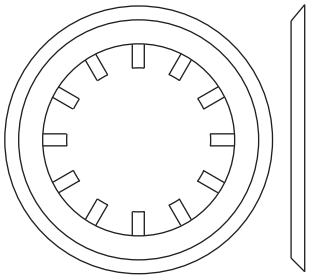
5/16" x 5" Bolt (68)



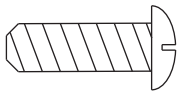
1 1/8" x 2 1/2" Plastic Bushing (74)



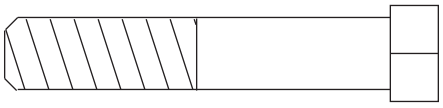
1" x 7/8" Plastic Bushing (75)



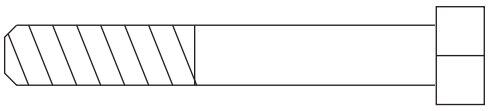
1" Retainer (69)



1/4" x 3/4" Screw (18)



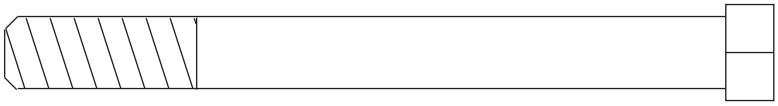
3/8" x 2" Bolt (12)



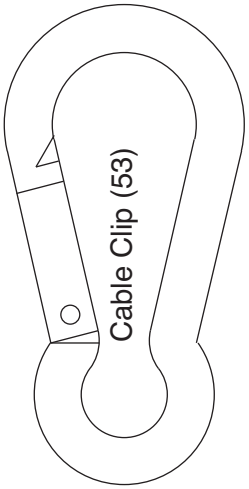
5/16" x 2 1/4" Bolt (33)

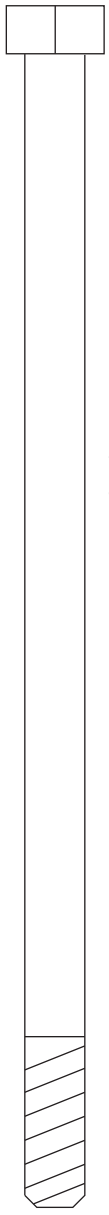
3/8" x 2 1/2" Bolt (7)

3/8" x 3 1/2" Bolt (16)

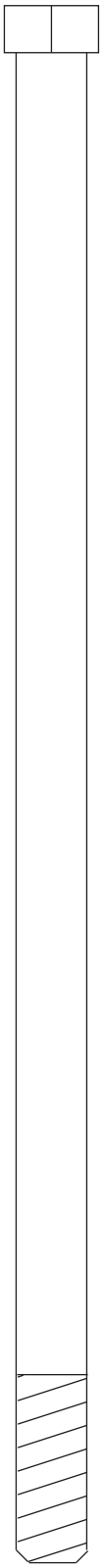


3/8" x 3 3/4" Bolt (71)

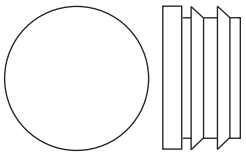


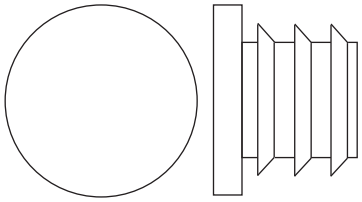
5/16" x 6" Bolt (60)



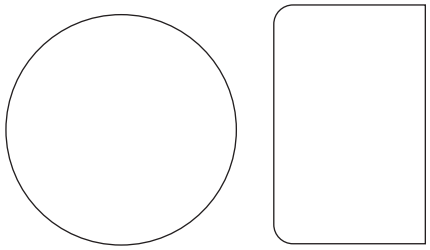
3/8" x 8" Bolt (59)



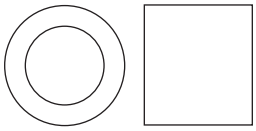
3/4" Round Inner Cap (34)



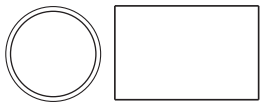
1" Round Inner Cap (49)



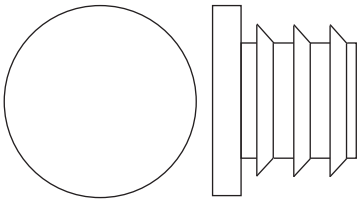
1" Round Cover Cap (70)



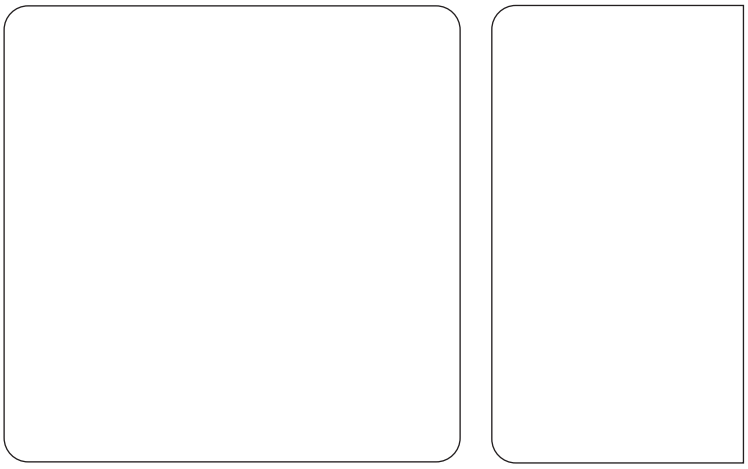
5/8" x 9/16" Spacer (73)



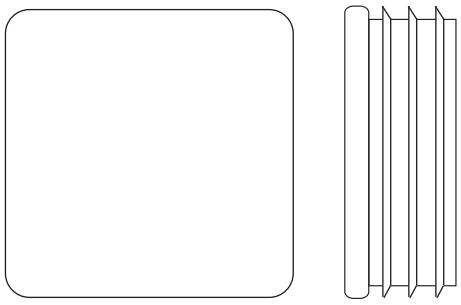
1/2" x 3/4" Spacer (61)



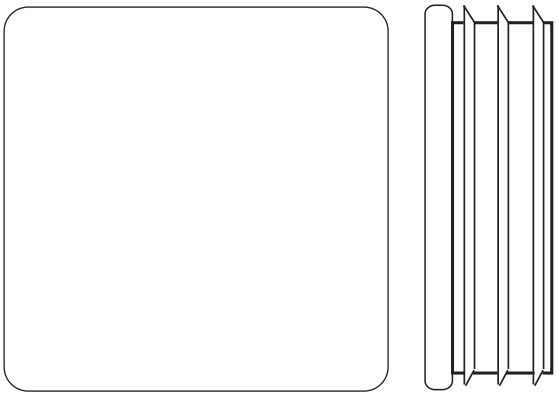
1" Round Inner Cap (78)



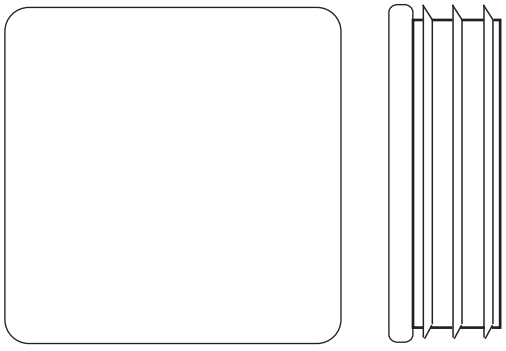
2" Square Outer Cap (51)



1 1/2" Square Inner Cap (32)



2" Square Inner Cap (27)



1 3/4" Square Inner Cap (44)

# LIMITED WARRANTY

ICON OF/DU CANADA INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorised service centres. All products for which warranty claim is made must be received by ICON at one of its authorised service centres with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorised by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorised service centre, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorised by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

**ICON OF/DU CANADA, 900 de l'Industrie, St. Jerôme, QC J7Y 4B8**

ICON of/du Canada Inc. WEIDER PRO·FORM WESLO

**PRODUCT WARRANTY REGISTRATION**

IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE

NAME: _____ PHONE: _____

ADDRESS: _____

COUNTY: _____ POSTCODE: _____

MODEL NO. _____ SERIAL NO. _____ PURCHASE DATE: _____

RETAILER NAME: _____ RETAILER ADDRESS: _____

1) Primary user(s) of product:
❑ Male ❑ Female ❑ Family

2) Age of primary user:
❑ 0–24 ❑ 35–44 ❑ 55–64
❑ 25–34 ❑ 45–54 ❑ 65 and over

3) Annual household income:
❑ 0–9,999 ❑ 15,000–19,999
❑ 10,000–14,999 ❑ 20,000+

4) How many times a week do you exercise?
❑ Less than 3 times ❑ 3 times or more

5) Have you ever purchased an ICON product before?
❑ Yes ❑ No

6) Where did you first see or hear about ICON products?
❑ Magazine ❑ Friend/relative
❑ Newspaper Ad ❑ Store
❑ Other

7) What was the primary reason for purchasing this ICON product?
❑ Store Employee ❑ Television Ads ❑ Colour
❑ Electronic Features ❑ Magazine Ads ❑ Price
❑ Product Design ❑ Product Innovation
❑ Other Features

8) Did you consider purchasing fitness equipment from another manufacturer?
❑ No ❑ Yes
What other Manufacturer? _____

9) Based on your impression of what you have purchased, would you buy another ICON product?
❑ Yes ❑ No ❑ No Opinion
If not, what other brand name equipment would you purchase?
_____

10) What other type of exercise equipment do you own?
❑ Bicycle ❑ Exercise Cycle ❑ Treadmill
❑ Home Gym ❑ Weight Bench ❑ Stepper
❑ Cardio Glide ❑ Other

11) Which type of magazines do you read regularly?
❑ Sports ❑ Fitness ❑ Motoring
❑ Business ❑ Computer ❑ General

12) Do you wish to be sent further bulletins about ICON products?
❑ Yes ❑ No ❑ Undecided

THANK YOU FOR YOUR TIME

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Part No. 185279 R1102A

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